Lets talk LTC DL 6pp leaflet FINAL.qxp_Layout 1 19/12/2017 11:24 Page 1

USEFUL CONTACTS

Samaritans

Call free: 116 123
24 hour listening and emotional support

British Lung Association

03000 030 555
(calls cost the same as a local call)
Monday to Friday, 9am to 5pm

Diabetes UK

0345 123 2399
Monday to Friday, 9am to 6pm
Email helpline@diabetes.org.uk

MIND Infoline

0300 123 3393
Monday to Friday, 9am to 6pm
(except bank holidays)

Citizens Advice Bureau (CAB)

Visit citizensadvice.org.uk for local numbers and further details

Monday - Friday
9:00am - 5:00pm

438170

For free translation phone

Për një përkthim falas telefononi
للترجمة المجانية الرجاء الاتصال هاتفياً
বিনাখরচে অনুবাদের জন্য টেলিফোন করুন
Za besplatne prevode pozovite
欲索取免費譯本，請致電
Pour une traduction gratuite, téléphonez
Για δωρεάν μετάφραση, τηλεφωνήστε
મફત ભાષાંતર માટે ફોન કરો
निःशुल्क अनुवाद के लिए कृपया फ़ोन कीजिए
بو ته رجومه کردنی به خورایی ته له فون بکه بو
Del nemokamo vertimo skambinkinte
സൗജന്യമായ തർജ്ജിമയ്ക്കായി ബന്ധപ്പെടുക
Po bezpłatne tłumaczenie prosimy dzwonić
Para uma tradução grátis, telefone
ਮੁੱਫਤ ਅਨੁਵਾਦ ਲਈ ਫ਼ੋਨ ਕਰੋ
Перевод – бесплатно. Звоните
Para obtener una traducción gratuita llame al
Turjubaan lacag la'aan ah ka soo wac telefoonka
இலவச மொழிபெயர்ப்புக்கு தொலைபேசி செய்யவும
Ücretsiz çeviri için telefon edin
Để cón bản dịch miễn phí hãy điện thoại
مفت ترجمے کے لئے فون کریں

Also for Audio, Large Print and Braille, phone

0800 952 0119

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Whittington Health NHS

ARE YOU LIVING WITH DIABETES OR COPD?

LET'S TALK

IMPROVING ACCESS TO PSYCHOLOGICAL THERAPY IN HARINGEY

FOR MORE INFORMATION PLEASE CALL:
020 3074 2280

lets-talk-iapt.nhs.uk

A FREE AND CONFIDENTIAL TALKING THERAPY SERVICE IN HARINGEY

iapt
Improving Access to Psychological Therapies

LET'S TALK

Lets talk LTC DL 6pp leaflet FINAL.qxp_Layout 1 19/12/2017 11:24 Page 4

- DIFFICULTY COPING WITH YOUR LONG-TERM HEALTH CONDITION?
- FEELING LOW, STRESSED OR WORRIED?
- STOPPED DOING THINGS YOU ENJOYED BECAUSE OF YOUR PHYSICAL HEALTH CONDITION?

It is estimated that two thirds of people with a long term health condition will also experience emotional distress or difficulty coping. You're not alone and help is at hand.

IAPT for LTCs (Long Term Conditions) service offers free, confidential and evidence based talking therapy if you're aged 16 or over and living with a long term health condition such as Diabetes or Chronic Obstructive Pulmonary Disease (COPD).

Photos posed by models

WE CAN SUPPORT YOU TO:

- Learn new skills to manage the symptoms of your condition
- Understand the relationship between physical and mental health
- Set goals to work towards

WHAT TREATMENT IS AVAILABLE?

IAPT for LTCs consists of a team of psychological wellbeing practitioners, psychotherapists, and psychologists who have specialist training to work with people with long term health conditions.

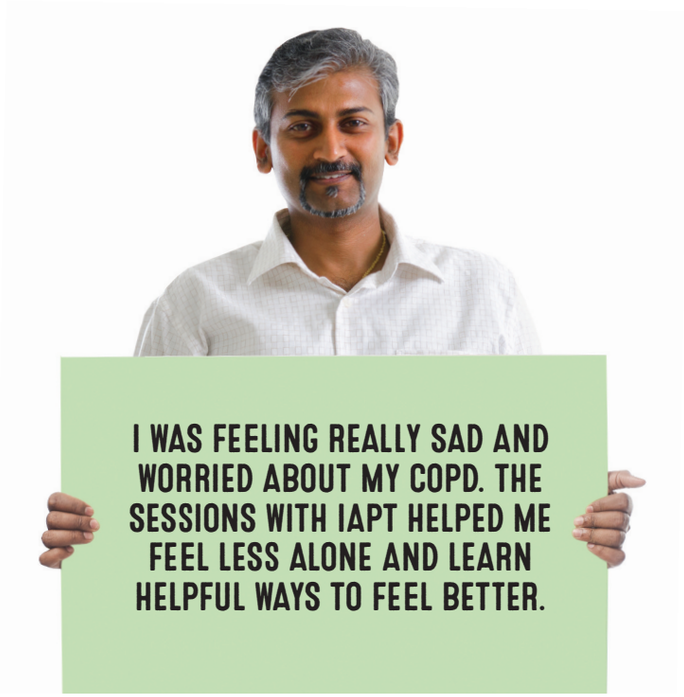
Therapy can take place over the phone, face-to-face or online – whatever works best for you. We can help you with a range of problems that are common among people who have physical health problems (including low mood, worries, stress, and difficulty coping). We can help you improve your overall wellbeing and quality of life.

Don't struggle on without asking for help

To refer yourself online visit **lets-talk-iapt.nhs.uk** or call **020 3074 2280.**

You can also ask your GP about us.

WE WILL WORK CLOSELY WITH YOUR PHYSICAL HEALTH TEAM SO THAT WE CAN TAILOR TREATMENT TO YOUR NEEDS. WE OFFER:

- Individual Cognitive Behavioural Therapy (CBT) sessions
- Guided Self Help (GSH)
- Groups
- Computerised CBT
- Advice on other services that may be helpful

Interpreters are available on request, and we can provide a range of written guides and materials in other languages.